



Inside Health Cancer Program Gratitude Journal

Where attention goes, energy flows. We want your mind to get on board your healthy living train with ease, and there's no better way to do that then to really start focusing on what's going right in your life! Every day, pick 3 things you are grateful for (and these don't have to be big things!). Even running water or sunshine can be written down! We highly recommend you do this through the whole 6 week program.
(Print x6 so you can record daily for the entire duration)

Date:

3 Things I am grateful for:

- 1.
- 2.
- 3.

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- 2.
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